



## Chewy Fig and Almond Cookies

 Vegetarian

READY IN



160 min.

SERVINGS



24

CALORIES



246 kcal

DESSERT

### Ingredients

- 1 cup chunky almond butter unsalted at room temperature
- 0.5 cup almond flour
- 0.5 cup almonds toasted sliced
- 1.3 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 24 servings butter for greasing the baking dish
- 1 large eggs at room temperature
- 14 ounces mission figs dried stemmed

- 1.8 cups flour all-purpose
- 1 tablespoon heavy cream
- 0.5 cup orange juice fresh
- 1 orange zest
- 0.5 teaspoon salt fine
- 1 cup sugar
- 0.5 cup butter unsalted cut into 1/2-inch pieces, at room temperature (1 stick)
- 1 tablespoon vanilla extract pure
- 1 teaspoon vanilla extract pure

## Equipment

- food processor
- bowl
- baking paper
- oven
- whisk
- wire rack
- baking pan
- hand mixer
- spatula
- cutting board

## Directions

- Watch how to make this recipe.
- Place an oven rack in the center of the oven and preheat to 350 degrees F.
- Butter the bottom and sides of a 9-by-13-inch glass or ceramic baking dish. Line the bottom with an 8-by-20-inch piece of parchment paper, allowing the excess paper to hang over the sides.

- Whisk the all-purpose flour, almond flour, baking powder, salt and baking soda in a medium bowl.
- Beat the sugar and butter using an electric hand mixer until combined in a large bowl. Beat in the egg, cream and vanilla until smooth.
- Add the dry ingredients and beat until the mixture forms into clumps. Press the clumps together to form a dough. Knead the dough for 30 seconds and wrap in plastic. Refrigerate for 1 hour.
- Place 1/4 cup water, the figs, orange juice, vanilla extract and orange zest in a food processor. Blend until the figs are finely ground, about 2 minutes.
- Add the almond butter and blend until incorporated.
- Add the almonds and pulse until combined.
- Remove the plastic from the dough and cut in half.
- Roll out 1 piece of dough into an 8-by-12-inch rectangle on a well-floured work surface.
- Cut the dough in half lengthwise and then in half crosswise to make 4 equal-size pieces of dough.
- Transfer the dough pieces to the prepared baking dish using a spatula, and arrange in a single layer. Pinch the edges of the dough together to seal. Spoon the filling onto the dough.
- Spread the filling evenly over the dough using damp hands. Smooth the top of the filling using a rubber spatula.
- Roll out the remaining dough into an 8-by-12-inch rectangle.
- Cut into 4 equal pieces and place on top of the filling, pinching the edges of the dough together to seal.
- Bake until golden, 25 to 30 minutes.
- Place the baking dish on a wire rack to cool completely, about 1 hour.
- Using the excess parchment paper as handles, remove and place on a cutting board.
- Cut the cookie into twenty-four 1 1/2-inch-square pieces and serve.

## Nutrition Facts

 **PROTEIN 7.17%**  **FAT 57.99%**  **CARBS 34.84%**

## Properties

Glycemic Index:17.09, Glycemic Load:12.84, Inflammation Score:-4, Nutrition Score:6.4943478444348%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

## Nutrients (% of daily need)

Calories: 245.56kcal (12.28%), Fat: 16.38g (25.21%), Saturated Fat: 5.82g (36.38%), Carbohydrates: 22.15g (7.38%), Net Carbohydrates: 19.8g (7.2%), Sugar: 12.22g (13.58%), Cholesterol: 29.37mg (9.79%), Sodium: 130.44mg (5.67%), Alcohol: 0.24g (100%), Alcohol %: 0.46% (100%), Protein: 4.56g (9.11%), Vitamin E: 3.29mg (21.95%), Manganese: 0.35mg (17.64%), Vitamin B2: 0.19mg (11.25%), Magnesium: 40.36mg (10.09%), Fiber: 2.35g (9.4%), Phosphorus: 86.71mg (8.67%), Copper: 0.15mg (7.4%), Calcium: 71.08mg (7.11%), Folate: 27.03µg (6.76%), Vitamin B1: 0.1mg (6.43%), Selenium: 4.27µg (6.1%), Iron: 1.09mg (6.05%), Vitamin A: 299.61IU (5.99%), Vitamin B3: 1.04mg (5.18%), Potassium: 158.55mg (4.53%), Vitamin C: 3.6mg (4.36%), Zinc: 0.53mg (3.56%), Vitamin B6: 0.04mg (2.16%), Vitamin B5: 0.19mg (1.88%), Vitamin K: 1.52µg (1.44%)